

# TABATA

	<b>1. JUMPING JACKS</b> 	
	10 SEC REST	20 SEC MOVE
	<b>2. PUSH-UPS</b> 	
	10 SEC REST	20 SEC MOVE
	<b>3. CRUNCHES</b> 	
	10 SEC REST	20 SEC MOVE
	<b>4. BURPEES</b> 	
	10 SEC REST	20 SEC MOVE
	<b>5. HIGH KNEES</b> 	
	10 SEC REST	20 SEC MOVE
	<b>6. JOG IN PLACE</b> 	
	10 SEC REST	20 SEC MOVE

**1 HIGH INTENSITY INTERVAL TRAINING**

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